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Housekeepers' Chat

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U. S. DEPARTMENT OF AGRICULTURE
Wednesday, March 28, 1928.

NOT FOR PUBLICATION

Subject: "Colors and Lines for the Stylish Stout." Information furnished exclusively for "Housekeepers' Chats" by Maude Campbell, Assistant Specialist in Clothing, Bureau of Home Economics, U. S. Department of Agriculture. Menu and three new recipes from Bureau of Home Economics.

Bulletin Available: "Fitting Blouses and Dresses," by Maude Campbell.

----ooOoo----

There's a great deal of information in today's Chat -- colors and lines which will make the stout woman look slender, a dandy dinner suggestion, and three recipes.

Speaking of recipes, Fred -- he's my high school brother -- told me this morning that the Recipe Lad, certainly does know how to make waffles.

"Waffles!" I said. "What do you know about her waffles?"

"I used her recipe last night," explained Fred, "while you were out. Three of the fellows came over to study for a history exam, and about 9:30 we got hungry for waffles. I used the recipe in your green cookbook, and the waffles sure were good! We had to crack six eggs before we learned how to separate the yolks from the whites. We didn't waste the eggs, though; we scrambled them, and ate them with the waffles," concluded Fred, looking very conscientious.

As I told my brother, waffles and scrambled eggs are a rather queer combination for evening refreshments, but if they pleased Fred and his friends-- far be it from me to criticize. I was glad to find out that the boys could follow a recipe, accurately. Of course, if you have used the waffle recipe in the radio cookbook, you know it is an extremely easy one to follow.

Now let's see what we can do for the "pleasingly plump" person who wants to look slender, and well dressed. The other day I saw a pleasingly plump person who was not well dressed, simply because she was all cut up by her clothes. Let me describe her -- I'll call her Polly, for the sake of convenience. Polly's hat was black satin -- smart, and close-fitting. Her neck-piece was brown -- a long-haired fur piece, thrown carelessly over her shoulders. She wore a separate over-blouse, of orange crepe. Her skirt, well up to her knees, was of black satin. Her hose were flesh color. Her shoes were black.

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Can you tell what's wrong with this picture? The colors were all right, but the arrangement was all wrong. Polly was short, and rather plump -- not really fat -- but plumpish -- and not more than five feet tall.

Well, as I told Miss Campbell, the poor creature was cut into seven pieces-- shoes, hose, skirt, blouse, fur, face, and hat.

"Too bad", said Miss Campbell, sympathetically, basting a sleeve into a figured linen dress, "too bad, Aunt Sammy, but not hopeless. See if you can picture Polly dressed like this! The same hat, a close fitting black satin; a dark brown or black fur of short-haired variety; a three-quarter length coat, of the same color as the skirt, with a long blouse of orange, or better still, of creamy yellow, showing only down the center front; the same black satin skirt, or one of the same material as the blouse or coat. Short, yes, but not too short. Those of us who are pleasingly plump will find that the smartest length for the skirt is not above the level of the thickest part of the calf. The skirt should never be short enough to show the bend of the knee, either standing or sitting. This is the fashion age when we must study our own figures, and find the most becoming and most pleasing proportions, lines, and colors that can possibly be found. The fact that Mrs. XYZ wears her dresses 16 inches from the floor does not mean that everyone else should. Another person might look perfectly hideous, with a skirt of that length, Aunt Sammy."

"Yes", I agreed, "some women were never designed to wear short skirts. But please put some hose and shoes on my plump friend Polly, Miss Campbell."

"Let me see," said Miss Campbell, "if her fur is brown, and her blouse a tone of yellow, her hose and gloves should belong to the same color family. Why not wear hose of beige, or soft brown? Her shoes may be black, dark brown, or a soft light brown. There--Polly has a pleasing ensemble, and whether you believe it or not, she will look several inches taller.

"Now let me give you another example of a too-short skirt. A friend of mine, a large, well-built woman, tall and broad-shouldered, insists on wearing her skirts much too short. If she ever sees herself in action, before a full length mirror, I know she will add fully three inches to her skirts. She is no longer the flapper age, although you might consider her such, if you didn't look at her face. Such women, who could be so smartly dressed, and so stunning, are missing some valuable opportunities by not having a full length mirror, or a good and true friend who will tell them the truth about their clothes.

"Color, proportion, and line are of enormous value in dressing the larger woman", continued Miss Campbell. "She will find that the lovely soft greyed tones, of the darker shades of most any color now on the market, are very becoming. The woman inclined to be stout should not wear bright colors, large printed or woven designs, or shiny surface fabrics. There are some beautiful prints this season, in all kinds of materials. Before the larger woman selects dress goods with a printed design in it, she should stand at least 10 feet away

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from a yard or two of the material, which has been unrolled from the bolt, and hung over the counter. If the effect is spotted or bold, the larger woman should not buy it. Let her choose a pattern which gives a greyed all-over effect -- not a big bold pattern. Leave the bold patterns and bright shades for the little flappers' sports clothes. Some of the big designs make even a flapper look grotesque.

"Another thing the stout woman must remember is to select colors becoming to her hair and skin. Green is always a cool, retiring color, in the soft greyed shades. Most every person can wear some shade of green," concluded Miss Campbell, as she finished basting the second sleeve.

"That's only half the information Miss Campbell gave me about clothes for the "stylish stout" type. Can you wait until tomorrow for the second half? Thank you. Now let's see what the Menu Specialist is serving today. It's a ritzy dinner, and you'll be surprised how inexpensive it is: Roast Breast of Lamb, with Force meat Stuffing (husbands will like that); Baked Onions (even Sister Susie will eat onions, if they're baked); Buttered Spinach (that's good for Johnny Junior); and a dessert of Fruit Cup and Cookies. There, didn't I tell you it was a ritzy meal?

If you have never prepared a Roast Breast of Lamb, with Force meat Stuffing, better give me your undivided attention for two or three minutes. First, buy from your butcher one breast of lamb, including the foreshank. Remove the fore-shank from the breast. Cut the meat from the shank, and grind it for the force-meat stuffing. Crack the bones of the breast, or better still, have this done by the butcher. Wipe the meat with a damp cloth. Make a pocket by cutting through the flesh covering close to the ribs on the outside. Sprinkle the inside of the pocket with salt and pepper, and pile the hot force meat stuffing lightly into the pocket. Sew the edges together. Sprinkle the outside surface with salt and pepper, and rub with flour. Lay the stuffed breast on a rack, in an open roasting pan, ribs down. Do not add water. Place the roast in a hot oven (480° F.), and sear for 30 minutes. If there is not sufficient fat to prevent drying of the meat, baste with melted fat, or lay a strip or two of bacon over the breast. Reduce the oven temperature rapidly to 300° F., and continue the cooking in the open pan, until the meat is tender. The total time required will probably be 1 1/2 to 1 3/4 hours. There will probably be more stuffing than the breast will hold, so use it as stuffing for the onions. If the bones are cracked properly, the breast can be carved between the ribs.

The force meat stuffing is made as follows, with nine ingredients:

1 cup or more ground lean raw lamb	1 tablespoon chopped onion
2 cups dry bread crumbs	1 sprig parsley, cut fine
2 tablespoons butter	1/8 teaspoon celery seed
4 tablespoons chopped celery	1/4 teaspoon savory seasoning, and
2/3 to 1 teaspoon salt.	

Nine ingredients -- let's repeat them: (Repeat).

For a fluffy stuffing, the bread crumbs should be fairly dry, and rather fine and even. They are most easily prepared by removing the center of a loaf of bread with a fork, and dividing it into fine pieces with the fingers. After the bread crumbs are prepared, cook the celery and onion in the butter for 2 or 3 minutes, add the ground meat, and stir constantly, until the meat is slightly brown. This may require several minutes, because it may be necessary to evaporate the juice which cooks out of the meat before it browns. Add the bread crumbs and seasonings and stir until well mixed.

For the Baked Onions choose large, mild-flavored onions of the Spanish variety if possible. Cut them in half crosswise, and simmer in lightly salted water until about half done. Lift the onions out and arrange in a baking dish. Remove centers, without disturbing the outer layers of the onions. Chop these centers and add to the forcemeat stuffing. Fill the onion shells with this mixture, cover, and bake in a moderate oven for about one-half hour, or until the onions are tender. Remove the cover from the baking dish during the last of the cooking, so that the onions will brown well on top. Serve on a platter with the stuffed breast of lamb.

To repeat the menu: Roast Breast of Lamb, with Force meat Stuffing; Baked Onions; Buttered Spinach; and a dessert of Fruit Cup and Cookies.



